

R-S Sun Lamp

For 110 to 120 volt, 60 cycle A.C. current

WARNING

Always wear goggles when the eyes are exposed to ultra violet light. Without this protection, ultra violet light may cause severe eye irritation.

Follow directions carefully. **Do Not Use This Lamp Too Long or Too Close To The Surface of The Skin.** Too much irradiation may be harmful and may cause severe burns and blistering of the skin.

Do Not Fall Asleep Under The Rays From This Lamp.

OPERATION OF LAMP

The bulb in this lamp will not operate on ordinary house lighting circuits except when used in equipment specially designed for it.

Be sure the current is turned off while inserting or removing the bulb. In the installation of the bulb in the equipment, screw the bulb into the socket firmly but not forcibly. Reasonable care should be taken in moving the fixture to avoid breakage of the internal parts of the lamp.

USES

Direct exposure to ultra violet light from the sun or from acceptable sunlamps results in the formation of Vitamin D in the body. It is useful in the production of an erythema of the skin. Upon advice of a physician it may be useful for the prevention of rickets in growing children and for providing more calcium for mothers during pregnancy. It may be an effective aid in promoting the development of sound bones and teeth. Do not treat any disease without advise of your physician.

INSTRUCTIONS FOR USE

When the lamp is assembled, plug into a 110-120 volt A.C. current receptacle.

PLACE THE LAMP NO LESS THAN 30 INCHES FROM THE BODY.

Put on the goggles.

Turn on the switch and allow the lamp to warm up for 3 minutes before starting the test.

Allow the rays of light to strike directly on the naked skin. Clothing acts as a screen and prevents too much of the beneficial ultra violet rays from reaching the body.

The time of exposure will depend somewhat on the sensitivity of the individual. The safe procedure is to test the erythema reaction on a small area of each person (children and adults) before attempting to make exposures over large areas of the body. This may be done by the following method:

- 1) Cut three $\frac{1}{2}$ inch holes in a strip of paper.
- 2) Attach the paper to a small area of the body, such as the underside of the forearm, by adhesive tape or other convenient method. The rest of the body should be covered with clothing during this preliminary test so as to avoid danger of burns on highly sensitive individuals.
- 3) Expose the arm or the part of the body being tested directly to the light at a distance of 30 inches from the lamp.
- 4) At the end of 2 minutes cover one of the holes in the paper.
- 5) At the end of 4 minutes cover another hole in the paper.
- 6) At the end of 5 minutes terminate this exposure.
- 7) Remove the paper and in several hours the spots will show various amounts of reddening in comparison with the surrounding skin.
- 8) The spot which shows a noticeable reddening is the one for which time exposure should be noted. This time may then be taken as "standard" to produce minimum of sunburn or tan on that part of the body. In this way you can avoid severe burns. The red spots should disappear in less than 24 hours.
- 9) If none of the spots shows after 6 hours, repeat the test using longer time of exposure.
- 10) If the time has been found to be 5 minutes to produce a faintly noticeable tan on this small area then it is best to expose the body to the ultra violet light for 2 minutes the first day, 3 minutes the second day, 4 minutes the third day, and 5 minutes the fourth day. Then continue the 5 minute doses once a day thereafter. Do not use the lamp at less than 30 inches from the body at any time. The time of exposure may be increased with the increase of distance. Thus at a distance of 6 feet from the lamp many individuals will require 15 minutes exposure to produce a minimum perceptible erythema.
- 11) When the lamp has been turned off, it is necessary to wait approximately 2 minutes before turning on the lamp again.